

## INTERMEDIATE FOXTROT CLASS SYLLABUS

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JUNE 18

JUNE 25

JULY 2

6:30 –7:25 Followed by 15 min personal help.

INSTRUCTOR;  
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Dear Students,

This class is designed to be an Intermediate Silver Foxtrot Technique class. To get the full benefit and to be able to interact with the other students in a productive way you should be competent at least through the Bronze Syllabus in the smooth dances. You should be familiar with the concept of continuity endings. While I will go slow and provide much repetition, it is very beneficial for you to understand basic advanced techniques such as rise, fall, lowering and be able to produce a good frame. While these are techniques that are always being improved upon, it is essential in intermediate and advanced dancing to have proper body alignment.

Thanks, have a good time, and don't hesitate to ask questions!

Julie

JUNE 18

Twinkle

Wing

Syncopated Ladies Underarm turn left w/ Man's Chasse

Left Spiral

JUNE 25

Review of the above

Spiral

Spiral turn

Spiral turn endings:

Develop/Hover Cross/Continuous Hover Cross



JULY 2

Review of the above

Open Left Box or Weave

Open left box with inside turn

Amalgamation Options

NOTE! THIS IS AMERICAN  
STYLE, HOWEVER, LIKE ALL  
AMERICANS, WE ARE BOR-  
ROWING FROM OUR INTER-  
NATIONAL BACKGROUND!

It is a good idea to learn  
International!!